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Housekeepers' Chat Tuesday, September 24, 1929

NOT FOR PUBLICATION

Subject: "What Green Tomatoes Are Good For." Approved by Burea; of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes," and "Canning Fruits and Vegetables at Home."

--ooOoo--

"Will you please tell me," writes a young housewife, "what green tomatoes are good for? It looks as if we'd have an abundant supply of green tomatoes this fall, and I hate to see them go to waste."

Well, so do I. Green tomatoes can be used in lots of ways -- fried as a vegetable, pickled, baked in pie, made into mincemeat, with apples and raisins and currants, and lots of spices. I brought along my recipe for Green Tomato Mincemeat today, for your radio notebooks. This recipe is not in the cookbook.

The tomato has an interesting history -- it used to be grown in England, for ornament and curiosity only. Prior to 1835, less than a hundred years ago, tomatoes were considered poisonous by most American people. Elizabeth Clark, who was born in Trenton, New Jersey, in 1833, was caught eating tomatoes, when she was a child, and was promptly rushed to the doctor. Her parents thought she had been poisoned, and would probably die.

But this is not a history lesson. If you are ready to write, I'll broadcast the recipe for Green Tomato Mincemeat -- then you'll be ready to make Green Tomato pie, next week. The Menu Specialist will include this pie in one of her fall meals.

Eleven ingredients, for Green Tomato Mincemeat:

- 4 quarts sliced green tomatoes
- 2 quarts pared and sliced tart apples
- 1/2 pound seeded raisins
- 1/2 pound currants
- 4 tablespoons mince citron
- 4 teaspoons cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon cloves
- 5 cups brown sugar
- 2 cups vinegar, and
- 2 cups water, or more water and less vinegar, if the vinegar is very acid.

Eleven ingredients. Let's repeat them: (repeat).

Chop the tomatoes and the apples fine. Add the other ingredients, and boil the mixture slowly, until the tomatoes are tender, and the mincemeat is thick, and not watery. Stir it occasionally, to prevent burning. If

desired, this may be sealed, in scalded jars. The quantities given in this recipe should make about three quarts of mincemeat.

The next question is about canning corn. I wish that all of you were supplied with copies of the Canning Bulletin -- it would simplify your fall canning problems. Practically every fruit and vegetable canned by the American housewife is mentioned in this bulletin.

For instance, if you want to know how to can corn, turn to page 19, and there it is. Let me read you the directions, for canning corn. (Read slowly)

The garden varieties of corn are the best for canning. They should be gathered about 17 to 25 days after silking, the exact time depending upon variety and season. Shuck, silk, and clean carefully. Cut from the cob without precooking. Add half as much boiling water as corn by weight, heat to boiling, add 1 teaspoon of salt and 2 teaspoons of sugar to each quart, and fill boiling hot into containers. Process immediately at 15 pounds pressure, or 250° F., quart glass jars for 80 minutes, pint glass jars for 75 minutes, and No. 2 tin cans for 70 minutes. Corn should not be canned in No. 3 tin cans, because of the difficulty of heat penetration.

One more question: "Can you please tell me how to prevent jelly or jam from oozing out over the top of the paraffin? And how to keep the paraffin from becoming leaky and loose?"

Answer: When jelly or jam oozes out over the top of the paraffin, this is usually a sign that the glass is not well sealed. There are several ways to prevent this. First of all, pour the jelly into the glasses carefully, so as not to get drops of it on the edge of the glass. Then let the jelly or jam stand until it is thoroughly set, and the surface has dried well, before covering with the melted paraffin. If necessary, cover the glasses with cheesecloth, and let them stand in the sun for a day or two. After the hot paraffin is poured on the jelly, rotate the glass, so that the parafin runs up to the rim, and forms a high ridge. As a final precaution, cover the jelly glasses with tight-fitting metal tops, and store in a cool, dry place

I thought that was the last question, but I see here's another. Somebody wants to know whether there is any information in the Bureau of Home Economics, on how to furnish rooms. Yes, in the curtain bulletin. This bulletin cost 10 cents, and you can get it from the Superintendent of Documents, Government Printing Office, Washington, D. C. All the other bulletins I've mentioned this year are free.

I read something the other day, about the use of color in rooms. Making each room fit harmoniously into the completed picture cannot be done without an effective blending of color, according to a home management specialist.

She advises us to avoid sharp contrasts, due to conspicuous differences in color, pattern, or both. This is true not only for walls and woodwork, but also for window hangings. Of course this does not mean that the same wall paper must be used throughout the entire house. It does mean, however, that unless the hall, for example, is very large, the same color should be selected. If the hall is small, and poorly lighted, a plain or a very small-patterned paper is desirable. A cream color, or a very light buff or sand color, makes a satisfactory background for the walls.

Some day soon, perhaps, when canning and jelly-making are out of the way, we can devote more time to furnishing the house.

Tomorrow: "School Dresses for Little Girls."

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